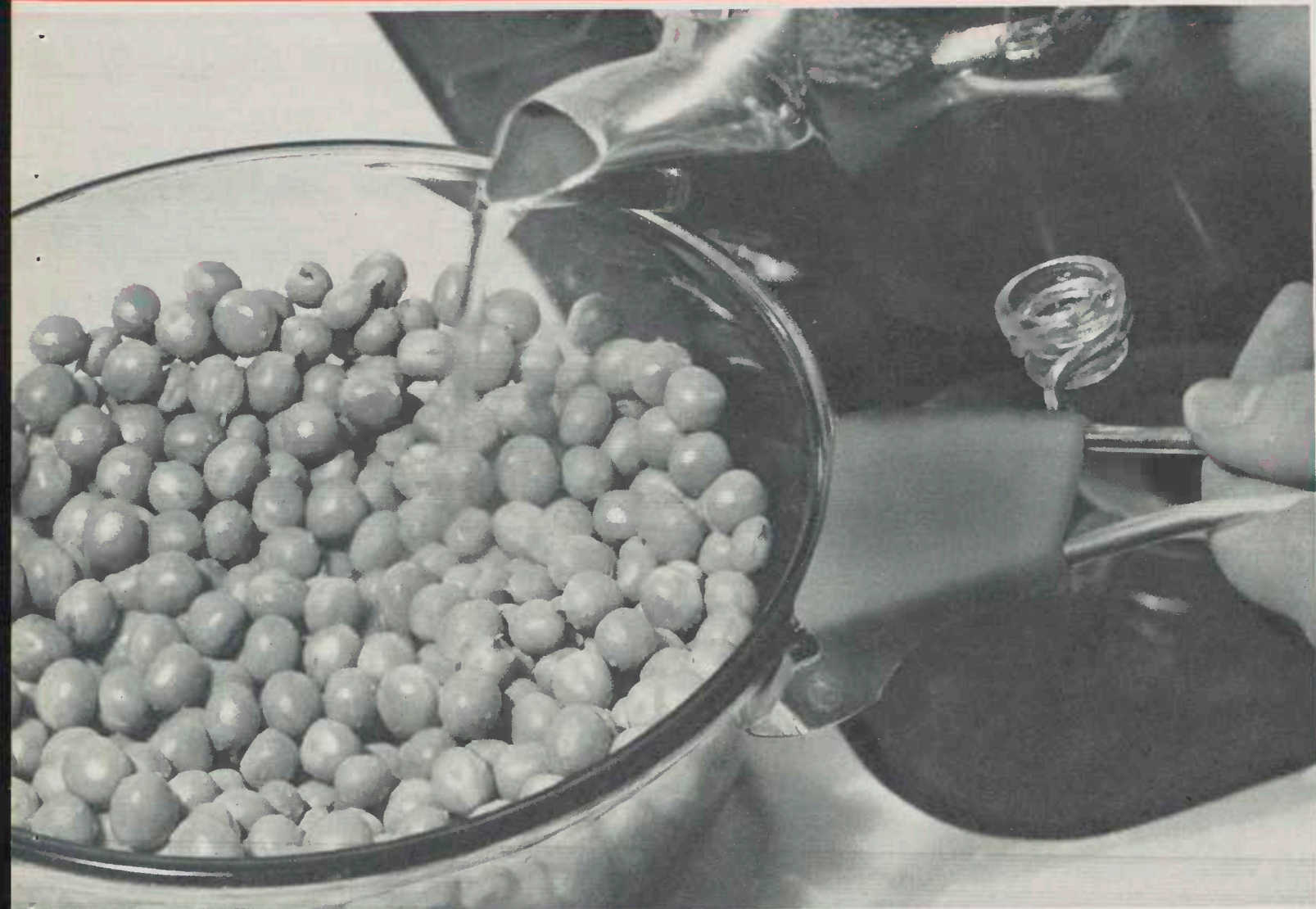


Historic, archived document

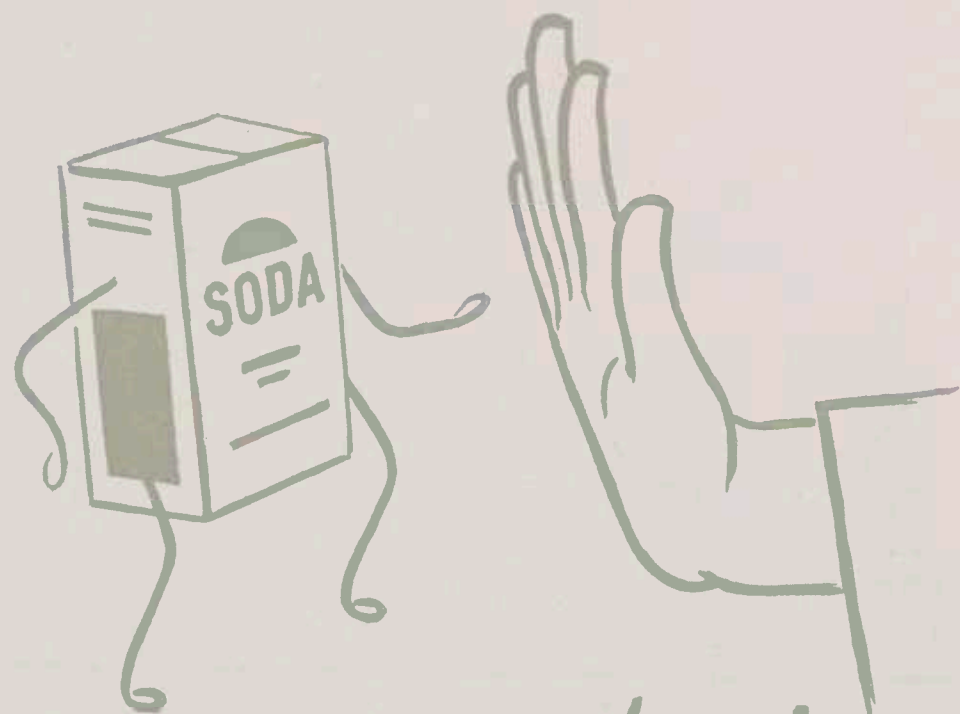
Do not assume content reflects current scientific knowledge, policies, or practices.

Get the Good... FROM VEGETABLES



*Watch the clock....
cook quickly....
stop when tender*

- Cook in boiling water....
with no more than needed.



*Don't use soda....
it destroys the
vitamins*



- Serve in its own juice or use
juice in sauce or soup.
- x Don't drain "pot liquor" down
the sink.

